

**AMENDMENTS TO THE CLAIMS****Listing of Claims:**

Claim 1 (previously amended): A method of treating, reducing, or attenuating obesity in an individual comprising the administration of therapeutically effective amounts of calcium to an individual and inducing a metabolic change in said individual, wherein said metabolic change is weight loss.

Claims 2 and 3 (canceled)

Claim 4 (original): The method of claim 1, wherein said individual is maintained on a restricted caloric diet.

Claim 5 (original): The method of claim 1, wherein said calcium is contained in dairy products, a dietary supplement, foodstuffs supplemented with calcium, or other foods high in calcium.

Claim 6 (original): The method of claim 5, wherein said calcium is contained in salmon, beans, tofu, spinach, turnip greens, kale, broccoli, waffles, pancakes, pizza, milk, yogurt, cheeses, cottage cheese, ice cream, frozen yogurt, nutrient supplements, calcium fortified vitamin supplements, or liquids supplemented with calcium.

Claims 7- 26 (canceled)

Claim 27 (previously added): The method according to claim 5, wherein said calcium is contained in dairy products.

Claim 28 (previously added): The method according to claim 5, wherein said calcium is contained in a dietary supplement.

Claim 29 (previously added): The method according to claim 5, wherein said calcium is contained in foodstuffs supplemented with calcium.

Claim 30 (previously added): The method according to claim 5, wherein said calcium is contained in foods high in calcium.

Claim 31 (previously added): The method according to claim 6, wherein said calcium is contained in salmon.

Claim 32 (previously added): The method according to claim 6, wherein said calcium is contained in beans.

Claim 33 (previously added): The method according to claim 6, wherein said calcium is contained in tofu.

Claim 34 (previously added): The method according to claim 6, wherein said calcium is contained in spinach.

Claim 35 (previously added): The method according to claim 6, wherein said calcium is contained in turnip greens.

Claim 36 (previously added): The method according to claim 6, wherein said calcium is contained in kale.

Claim 37 (previously added): The method according to claim 6, wherein said calcium is contained in broccoli.

Claim 38 (previously added): The method according to claim 6, wherein said calcium is contained in waffles.

Claim 39 (previously added): The method according to claim 6, wherein said calcium is contained in pancakes.

Claim 40 (previously added): The method according to claim 6, wherein said calcium is contained in pizza.

Claim 41 (previously added): The method according to claim 6, wherein said calcium is contained in milk.

Claim 42 (previously added): The method according to claim 6, wherein said calcium is contained in yogurt.

Claim 43 (previously added): The method according to claim 6, wherein said calcium is contained in cheeses.

Claim 44 (previously added): The method according to claim 6, wherein said calcium is contained in cottage cheese.

Claim 45 (previously added): The method according to claim 6, wherein said calcium is contained in ice cream.

Claim 46 (previously added): The method according to claim 6, wherein said calcium is contained in frozen yogurt.

Claim 47 (previously added): The method according to claim 6, wherein said calcium is contained in nutrient supplements.

Claim 48 (previously added): The method according to claim 6, wherein said calcium is contained in calcium fortified vitamin supplements.

**Claim 49 (previously added): The method according to claim 6, wherein said calcium is contained in liquids supplemented with calcium.**